




# MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			Happy Birthday Wilfredo & Patty!	1 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Glitter Ball Pitch 2:00 St. Patrick's Day Art & Snack 3:00 Departure
4 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Balloon Volleyball 2:00 Bake Cake Mix Cookies & Snack 3:00 Departure	5 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Putt-Putt Golf 2:00 All About Rex Harrison & Snack 3:00 Departure	6 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Dart Ball 2:00 Pantomimes & Snack 3:00 Departure	7 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Land's End Field Trip 2:30 Afternoon Snack 3:00 Departure	8 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Knock Down Cans 2:00 Women's History Month & Snack 3:00 Departure
11 9:30 Morning Social & Snack 10:30 Putt-Putt Golf & News 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Afternoon Snack 3:00 Departure	12 9:30 Morning Social & Snack 10:30 Chair Exercises & Town Hall 12:00 Hot Lunch 1:00 Peter on the Guitar! 2:00 Afternoon Snack 3:00 Departure	13 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 On Lok Nutrition Education 2:00 Word in a Word & Snack 3:00 Departure	14 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Balloon Swat 2:00 All About Butterflies & Snack 3:00 Departure	15 9:30 Morning Social & Snack 11:00 SPCA with Ranger! 12:00 Hot Lunch 1:00 Let's Play Catch 2:00 St. Paddy's Day Party & Sing-a-long! 3:00 Departure
18 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Ping Pong Fun 2:00 Laughter Yoga & Snack 3:00 Departure	19 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Ring Toss 2:00 Swallows in Capistrano & Snack 3:00 Departure	20 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Beach Ball Fun 2:00 Contact Paper Art & Snack 3:00 Departure	21 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Rolling Ball Game 2:00 Bake M&M cookies & Snack 3:00 Departure	22 9:30 Morning Social & Snack 10:30 Chair Exercises & Town Hall 12:00 Hot Lunch 1:00 Movie Matinee: <i>Easter Parade</i> 2:30 Popcorn Snack 3:00 Departure
25 9:30 Morning Social & Snack 10:30 Ladder Golf & News 12:00 Hot Lunch 1:00 Chair Exercises 2:00 Watercolor painting & Snack 3:00 Departure	26 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Wilhelmina's Garden Field Trip 2:30 Afternoon Snack 3:00 Departure	27 9:30 Morning Social & Snack 10:30 Chair Exercises & News 12:00 Hot Lunch 1:00 Marian & Mike Entertain! 2:00 Afternoon Snack 3:00 Departure	28 ~CENTER CLOSED~ for Staff Training	29 ~CENTER CLOSED~ for Good Friday

Activities at Catholic Charities Adult Day Services are provided five (5) days a week. We offer a variety of activities that spark excitement into the lives of our seniors. They are based on our senior's capabilities, physical health, and behavioral status and of course, personal preference. We present activities that encourage our seniors to create, communicate, reminisce, and celebrate as well as special activities to stimulate our younger population. All activities are subject to change.